



# ***Behavioral Risk Factor Surveillance System***

*2006 South Dakota Summary  
(Published December 2007)*

The following is a summary of the South Dakota Behavioral Risk Factor Surveillance System telephone survey. A more comprehensive report is available upon request. The comprehensive report is also located on the web at <http://doh.sd.gov/statistics/>.

## **OVERVIEW**

The South Dakota Behavioral Risk Factor Surveillance System (BRFSS) was initiated in 1987 by the South Dakota Department of Health (SDDOH) with the assistance of the Centers for Disease Control and Prevention (CDC). CDC provided financial and technical assistance, developed the questionnaire, designed the methodology, and processed the data from the core questionnaire. The SDDOH supervised the survey process, processed the data from state-specific questions, and designed and distributed the report.

The BRFSS is designed to collect information on the health behaviors of adults over time. For the 2006 survey, standard demographic questions were included along with sections on physical activity, tobacco use, diabetes, asthma, breast and cervical cancer screening, prostate cancer, colorectal cancer screening, alcohol use, health insurance, immunization, oral health, seat belt use, cardiovascular disease, general health status, disability, falls, and HIV/AIDS. South Dakota also added several state-specific questions to the end of the core questionnaire on the Healthy South Dakota program, smokeless tobacco, children with diabetes, cancer diagnosis, children's health insurance, West Nile Virus, and special health conditions in children.

Eligible respondents for the survey were individuals 18 years of age or older who resided a majority of the time at the household contacted. In households with more than one eligible respondent, a random selection was made to determine the actual respondent. The survey was completed by 6,649 respondents. All 6,649 interviews were completed between January 1, 2006, and December 31, 2006, at an approximate rate of 554 interviews per month.

If you would like more information about the South Dakota Behavioral Risk Factor Surveillance System, or have any questions or comments, please contact Mark Gildemaster at (605) 773-3596.

## **SURVEY RESULTS**

### **Obesity**

In 2006, 25.4 percent of respondents were considered obese. Obesity increases until the 55-64 age group where it reaches a high and then declines from there as age increases. American Indians exhibit a significantly higher prevalence of obesity than do whites. The American Indian counties region shows a very high prevalence of obesity, while those in the southeast, northeast, and west region demonstrate a very low prevalence. The prevalence of obesity generally decreases for females as education increases. Those who are unable to work or unemployed exhibit a very high prevalence of obesity.

### **No Leisure Time Physical Activity**

In 2006, 24.0 percent of respondents did not report a leisure time physical activity. American Indians demonstrate a significantly higher prevalence of no leisure time physical activity than whites. The prevalence of no leisure time physical activity decreases as education increases. Those who are widowed demonstrate a very high prevalence of no leisure time physical activity, while those who are married or who have never been married show a very low prevalence.

### **Cigarette Smoking**

In 2006, 20.3 percent of respondents stated they smoked cigarettes. American Indians demonstrate a significantly higher prevalence of cigarette smoking than whites. The prevalence of cigarette smoking generally decreases as education increases. Those who are unable to work or unemployed exhibit a very high prevalence of cigarette smoking, while those who are retired show a very low prevalence.

### **Binge Drinking**

In 2006, 18.1 percent of respondents engaged in binge drinking. Males demonstrate a significantly higher prevalence of binge drinkers than females. The prevalence of binge drinking decreases as age increases with the first significant decrease occurring with the 35-44 age group. Those with higher education levels exhibit a higher prevalence of binge drinking than those with lower education levels.

### **Diabetes**

In 2006, 6.5 percent of respondents had been diagnosed with diabetes. The prevalence of diagnosed diabetes increases as age increases. American Indians exhibit a significantly higher prevalence of diagnosed diabetes than whites. The central and American Indian counties regions demonstrate a very high prevalence of diagnosed diabetes, while those in the southeast, northeast, and west regions show a very low prevalence. The prevalence of diagnosed diabetes is significantly higher for those in lower income groups.

### **Asthma**

In 2006, 7.7 percent of respondents currently had asthma. The prevalence of asthma generally decreases as age increases. American Indians demonstrate a significantly higher prevalence of asthma than whites. The prevalence of asthma is higher for those in lower household income groups.

**Table 1**  
**Demographic Breakdown, 2006**

	<b>Obesity</b>	<b>No Leisure Time Physical Activity</b>	<b>Cigarette Smoking</b>	<b>Binge Drinking</b>	<b>Diabetes</b>	<b>Asthma</b>
<b>Total</b>	25.4%	24.0%	20.3%	18.1%	6.5%	7.7%
<b><u>Gender</u></b>						
Male	27.2%	25.6%	21.6%	24.0%	6.5%	7.4%
Female	23.6%	22.4%	19.1%	12.5%	6.5%	8.0%
<b><u>Age</u></b>						
18-24	16.8%	21.6%	32.5%	33.7%	0.7%	10.2%
25-34	23.6%	17.7%	24.2%	30.6%	2.7%	9.8%
35-44	29.9%	19.5%	17.1%	20.2%	3.3%	6.6%
45-54	29.0%	22.5%	24.9%	15.9%	5.6%	6.5%
55-64	32.4%	28.4%	16.7%	8.8%	11.6%	7.1%
65-74	25.9%	27.2%	11.3%	4.6%	14.2%	7.0%
75+	18.8%	39.6%	5.9%	0.6%	15.0%	6.7%
<b><u>Race</u></b>						
White	24.5%	23.1%	17.4%	17.7%	6.1%	7.5%
American Indian	42.7%	32.4%	53.5%	22.7%	13.4%	13.1%
<b><u>Region</u></b>						
Southeast	24.8%	22.5%	19.5%	18.5%	6.0%	7.4%
Northeast	26.5%	25.6%	18.0%	19.5%	5.3%	6.6%
Central	27.8%	26.7%	18.5%	16.4%	8.8%	7.2%
West	22.0%	22.5%	20.8%	16.3%	6.2%	8.8%
American Indian Counties	36.8%	29.1%	40.8%	21.4%	11.7%	11.4%
<b><u>Household Income</u></b>						
Less than \$10,000	35.8%	35.2%	41.4%	13.9%	13.3%	15.9%
\$10,000-\$14,999	26.3%	32.5%	32.6%	20.7%	14.1%	10.1%
\$15,000-\$19,999	30.9%	37.5%	31.0%	21.0%	9.4%	10.2%
\$20,000-\$24,999	25.3%	36.2%	32.7%	18.4%	7.5%	10.3%
\$25,000-\$34,999	27.0%	24.6%	21.8%	20.1%	7.7%	9.2%
\$35,000-\$49,999	26.8%	22.4%	21.0%	17.8%	5.2%	5.8%
\$50,000-\$74,999	25.9%	18.8%	15.5%	20.1%	4.5%	7.1%
\$75,000+	20.9%	12.4%	8.3%	18.8%	3.1%	4.9%
<b><u>Education</u></b>						
8 <sup>th</sup> Grade or Less	28.3%	50.7%	11.2%	4.4%	10.9%	10.4%
Some High School	31.5%	35.8%	36.2%	16.6%	8.7%	15.6%
High School or G.E.D.	24.6%	30.2%	27.0%	20.4%	7.8%	7.4%
Some Post-High School	27.5%	24.0%	22.9%	19.1%	6.4%	7.4%
College Graduate	23.0%	13.0%	9.5%	16.7%	4.3%	6.7%
<b><u>Employment Status</u></b>						
Employed for Wages	25.5%	19.0%	22.5%	21.9%	3.9%	6.5%
Self-employed	26.4%	31.0%	13.4%	19.4%	6.0%	5.9%
Unemployed	34.3%	34.2%	47.4%	27.2%	5.5%	12.4%
Homemaker	18.9%	20.8%	16.1%	6.1%	5.8%	9.1%
Retired	23.1%	30.7%	9.1%	3.1%	15.4%	7.7%
Unable to Work	41.3%	52.7%	41.9%	15.2%	21.8%	19.9%
<b><u>Marital Status</u></b>						
Married/Unmarried Couple	25.5%	21.6%	15.6%	16.3%	6.0%	7.1%
Divorced/Separated	29.5%	28.6%	37.7%	19.7%	8.6%	9.6%
Widowed	24.8%	36.9%	14.0%	3.1%	15.2%	7.5%
Never Married	23.6%	25.8%	33.6%	31.0%	3.8%	9.5%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2006

## **BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM DEFINITIONS**

**Obesity:** Obesity is defined as respondents who report having a Body Mass Index (BMI) of 30.0 or above. BMI is calculated by taking a person's body weight in pounds divided by his or her height in inches divided by height in inches (again) times 703 (i.e.,  $((wt/ht)/ht \times 703)$ ).

**No Leisure Time Physical Activity:** Respondents who report no leisure time physical activity or exercise during the past 30 days other than the respondent's regular job.

**Cigarette Smoking:** Respondents who report having smoked at least 100 cigarettes in their lifetime and now smoke every day or smoke some days.

**Binge Drinking:** Respondents who report having five or more alcoholic drinks on one occasion, one or more times in the past month.

**Diabetes:** Respondents ever told by a doctor that they have diabetes. Excluding women who were told this while they were pregnant.

**Asthma:** Respondents who have been told by a doctor, nurse, or health professional that they had asthma and that they still have asthma.